PORT TOWNSEND

Potpourri

VOL. 1

R 3 25

FOREWORD

Port Townsend's 128 years of contribution to the Pacific Northwest's historical heritage has produced a cosmopolitan population that has always been accustomed to good eating the world over. Sportsmen, beach-combers, mushroom hunters, gourmet cooks, have all added their skills to these traditions. Many of these recipes have been handed down from Port Townsend generation to Port Townsend generation until they have become legend.

The proper preparation of seafood is the test of a good cook. Some of the finest seafood in the world is found in the waters adjacent to Port Townsend and on its beaches. Savory wild mushrooms and herbs are found in our meadows and woodlands. Imagination and skill have resulted in these recipes, taking full advantage of the local sea bounty, herbs and mushrooms, augmented by the use of fine wines. Whatever the source, these recipes will provide you will appetizers, first courses, fine soups, and entrees; and will share with you one of the many rich rewards of living in the Pacific Northwest.

In loving memory of

MARY JOHNSON, *Director*
Port Townsend Summer School of the Arts

1971 - 1976

Sale of book to benefit
Jefferson General Hospital

FISHING IN PORT TOWNSEND WATERS

by Carl and Jean Foster

Come with me and I'll show you some of the holes where the big King Salmon lurks deep, or fast-running waters where the Coho flicks his tail in eager anticipation of a herring dinner. Interested?

Our Port Townsend has not had the publicity of resort towns, but do not sell us short, as there are times of the year when our salmon fishing is fabulous. And fishing is continuous throughout the year. Of course, for the best luck, one must learn to follow the salmon runs and know when and where to fish. Let us start with our winter Blackmouth salmon, and we are of the absolute opinion that at no place else is Blackmouth fishing any better than in this vicinity. We have a little plan which we have followed through the years and it always pays off big for us. Around the middle of September we start fishing, mostly in the mornings, around the Point Wilson buoy. (This is shortly after the run of big Kings is gone and the Blackmouth are beginning to show their faces.) Just a bit later, in September, we move from the Point Hudson buoy to the Fort Worden docks, fishing back and forth. For some reason evening fishing seems best at this time.

The most popular bait in these waters is either a flasher and our Foster fly or herring. What sort of herring? You name it, we have fishermen around here using it! Spinners, plugs, whole herring, herring behind a dodger. I suppose there are as many ways to hook it up as there are fishermen, and each with his own, special, secret way of baiting his hook. Most of the fishing is trolling from a boat; there are some moochers, and a comparatively new sport of spinning from the beaches off the various points in this locality. Some large salmon have been taken in the past several years by these spin fishermen.

To get on with our "hot spots", around the first of October our Blackmouth seem to move to the area around the paper mill and the railroad "Y". At this time, too, fishing is usually very good at Oak Bay and around Lip Lip Point, not too far away. There is also splendid Blackmouth fishing in Discovery Bay and in the waters off Cape George and Beckett Point, as well as at Diamond Point, across the bay. Then, approximately around the first of the year, a marvelous run of Blackmouth is usually found in Scow Bay and Mystery Bay. The fishing is excellent around the mouth of Scow Bay during a high tide.

This good Blackmouth fishing lasts until the first of April and then there is a slack-off period for the salmon until about the 10th or 15th of June when the Silvers and Kings start hitting these waters. The runs come and go, some years much better than others, as it is at all places up and down Puget Sound. But this is when the flasher and our Foster Fly come into their own, for the dog fish (sand sharks) are spawning at this time and they will gobble a trolled herring (hooks and all!) sometimes as fast as they can be baited on a hook. The fly is fished at a faster pace and does not attract the "doggies" as the herring does. Marrowstone Point seems best at the first of the season, then Point Wilson, Hudson Point and North Beach, not to forget Cape George and Beckett Point for the large Kings and flashing Silvers.

A nice thing about our part of the country, when the salmon fishing is at its low ebb, the trout season begins, so there's never a moment when a hook cannot be baited to catch some type of fish. Also, the nearby streams yield many fighting steelhead. Besides our different salmon, the Puget Sound waters around Port Townsend abound with bottom fish. Halibut come in to spawn and some monsters have been taken on sports gear. There are large ling cod to be caught in the channel, smaller ones nearer shore and rock cod, kelp cod, true cod and sea bass for the taking. Come on in, almost any time, the fishing is fine around Port Townsend!

BROILED SALMON

Use a large piece of fish or a small whole one, from which the head and tail have been removed.

With a very sharp knife cut through the rib bones on one side, beginning at the top, holding the knife close to the backbone. Open the fish and lay it flat -- like opening a book.

Place it under the broiler, fairly close to the element -- for about 5-7 minutes. Remove and lift out the bones. (If they don't come pretty easily, put it under the broiler a little longer.)

Now brush with butter sauce and place under the broiler at least 8-10 inches from the element. Brush again every 5 minutes until the fish is done. (About 20-25 minutes.)

BUTTER SAUCE

Melt 1/8 - 1/4 pound of butter in a small pan (depending on the amount of fish)

Add to taste: lemon juice
garlic powder
finely chopped green onions
salt & pepper

-- Gloria Harper

SALMON SOUFFLE

2 cups salmon with bones and skin removed
1/4 t. salt
1/4 t. paprika
2 t. lemon juice
1/2 cup soft, stale breadcrumbs
3 eggs

Add salt, paprika, lemon juice to salmon. Cook breadcrumbs in milk for five minutes. Add salmon and 3 egg yolks beaten till thick and lemon colored. Fold in 3 egg whites beaten stiff. Turn whole into buttered casserole (flat, wide) set in a pan of hot water, and bake in a moderate oven -- 350° -- until firm. This may be served with spanish sauce.

-- Dorothy Meyers

SPANISH SAUCE

Sauté 1/4 cup minced onion and 2 T. minced green pepper about 5 minutes in 1 T. melted butter. Add 1 cup boiling water and 1 package (3-1/2 oz.) tomato-vegetable soup mix, or other similar soup mix. Cover and let stand at least 15 minutes. Stir in 1-1/2 cup dairy sour cream. Serve over baked fish as halibut, salmon or cod. Creamy tomato sauce may be prepared ahead, with the exception of adding the sour cream. Just before serving, stir in sour cream and heat, but do not boil.

-- Ruth Grimm

REMOULADE SAUCE SHRIMP DIP

4 T. lemon juice
4 T. vinegar
4 T. prepared mustard
4 T. prepared horseradish
2 t. salt
1/2 t. black pepper
2 t. paprika
Dash cayenne
2 T. catsup (optional)
1 cup salad oil
1/2 cup celery, chopped very fine
1/2 cup green onions, tops and bottoms, minced

Combine lemon juice, vinegar and seasonings. Gradually add oil, stirring with fork or rotary beater to blend well. Add celery and onion. Makes 2 cups. Any of the seasonings may be increased to your taste.

-- Dottie Goss

SEAFOOD PANCAKES

1 cup finely crushed potato chips
1 cup pancake mix
1/2 cup shredded fresh crab meat or fresh shrimp
1 cup milk
sour cream

Mix crushed potato chips with pancake mix and seafood. Add milk, enough to make a medium batter. Fry quickly in hot butter and serve with sour cream.

Makes about 10 to 12 3-inch pancakes. Serve for luncheon or supper with crisp green salad.

-- F.F.

CAULIFLOWER AU VIN BLANC

1 large cauliflower
2 cups tomatoes, seeded and cut into 1" pieces
2 T. Rhine wine
Salt and pepper
1/4 cup melted butter
1/4 cup fine dry bread crumbs
1/2 cup grated Parmesan cheese
1/4 cup melted butter

Separate cauliflower into flowerets. Wash and cook until done, firm and not mushy. Butter a medium casserole. Place cauliflower in center. Arrange tomato pieces around outer edge. Sprinkle Rhine wine on top of cauliflower. Salt and pepper to taste. Sprinkle on 1/4 cup of melted butter. Blend bread crumbs and cheese. Sprinkle on top of vegetable. Sprinkle on 1/4 cup of melted butter. Bake at 350° for 45 minutes to 1 hour, uncovered.

-- Dorothy Wallace
by way of Dorothy Plut

BROILER-FRIED OYSTERS

Combine:

3/4 cup fine, dry bread crumbs
1/2 t. mustard
Dash cayenne pepper
1/4 t. paprika
1/2 t. salt
1/4 cup melted butter
2 dozen oysters, shucked and drained

Preheat broiler 10 minutes. Roll oysters in crumbs. Put on broiler. Sprinkle with half of melted butter.

Broil until brown, turn and sprinkle with remaining butter. Serve with slices of lemon.

-- Dorothy Plut

STUFFED FISH STEAKS

1 lb. fresh crab meat
1/4 cup wheat germ
3/4 t. salt
1/4 t. pepper
1/2 cup thinly sliced celery
3 T. butter or margarine, melted
2 T. minced onion
1 egg, slightly beaten
2 fish steaks (4 lbs.) about 3/4" thick
(cod, halibut, salmon)

Prepare crab meat. Flake and remove cartilage. Combine all ingredients except fish steaks in bowl. Mix well. Place one fish steak in covered baking pan. Spread crab meat mixture evenly over fish steak. Top with remaining fish steak. Brush generously with basting sauce before baking and about every 10 minutes or until fish flakes easily with a fork. Place under a broiler just before serving if a browner surface is desired.

BASTING SAUCE:

1/4 cup melted butter
2 T. lemon juice
few drops tabasco
1/4 t. paprika
1/3 cup white wine

Combine all ingredients in small bowl. Mix well.

-- Ruth Grimm

PORT TOWNSEND FISH AND CHIPS

We prefer rock cod, but any type of cod fish caught in these waters can be used. The fish is cleaned and filleted and we take out every bit of bone. Then it is cut into small chunks, about 1 inch square. The batter is made from any prepared pancake or waffle flour, making it half again as thick as you would for pancakes. Salt and pepper and any other seasoning that you might prefer is put into the batter. It is made with milk and mixed well. A deep fry makes the best fish but they can also be made in a frying pan filled with deep grease. The individual chunks of fish are dipped into the batter and dropped into the hot grease. We watch them carefully and when well-browned turn them to the other side and let brown again. They are removed and put onto paper toweling to take up the extra grease.

For gourmet eating, just try this!

-- Jean Foster

TARTER SAUCE

Mayonnaise
Finely chopped dill pickle
Finely chopped parsley
Dill weed
Salt and pepper

-- Rosemary Shirley

OYSTERS NEW ORLEANS

Drain 4 dozen oysters and put in pan under broiler until edges begin to curl. Prepare sauce:

1/4 lb. butter
4 finely chopped shallots
1 T. mashed spinach
Juice of 1 lemon
1 T. Worchestershire sauce
6 drops Tabasco sauce
Salt and pepper

and enough oyster liquor from pan to make sufficient sauce to cover oysters. Have buttered thin slices of toast ready. Put hot oysters upon them. Pour sauce over them and serve. (Care must be taken to have sauce ready for oyster liquor so there is no delay when oysters are curled and ready to serve.)

This is a ravishing dish.

-- Farmhouse

GRATIN OF CRAB

2 cups crabmeat
2 hardboiled eggs
1 cup mayonnaise
1 t. onion (grated)
1 t. chopped parsley
2 t. lemon juice
1/2 t. Worchestershire sauce
1/2 t. prepared mustard
3 T. sherry
1 cup buttered bread crumbs

Mix, saving 1/2 cup crumbs for topping. Bake 15 minutes at 400°. Serves 6. Good also with salmon flakes.

-- Farmhouse

POTPOURRI

CURRIED CRAB QUICHE

1/2 lbs. crab meat
2 T. lemon juice
2 T. sherry
1 T. finely chopped onion
1 t. curry powder
1 t. parsley flakes
1 cup cubed swiss cheese
1 baked 10-inch pastry shell

Drain crab, combine with lemon juice, sherry, onion, curry powder and parsley flakes. Refrigerate 1 to 2 hours to blend flavors.

Cover bottom of pastry shell with cubed Swiss cheese. Spread crab and seasonings mixture over cheese. Combine ingredients for Sour Cream Custard and pour over all.

SOUR CREAM CUSTARD:

3 eggs, well beaten
3/4 cup milk
1/2 cup sour cream
1/4 t. salt

Bake in a 350° oven 45 minutes until custard is lightly browned and set. Cool slightly and cut in wedges to serve.

-- Ruth Grimm

TEXAS CRAB SOUP -- Port Townsend Style

Simmer 1 pint MILK (double-boiler) few minutes. Add 1 pound crab meat (fresh), 1 pint CREAM, 1/4 cup BUTTER -- simmer 15 minutes.

Thicken with 1/4 cup crushed SODA CRACKERS. Season with salt and WHITE PEPPER. Now allow to set 3 minutes to "season".

Add 1/4 cup SHERRY. Serve at once. Serves four people nicely.

-- Marguerite McIlroy

CRAB CASSEROLE

Combine:

1 pound CRAB MEAT
12 BLACK OLIVES (sliced)
1 can MUSHROOMS
1/4 pound slivered ALMONDS
2 hard-boiled EGGS, sliced
2 cups cooked NOODLES
1/4 cup SHERRY

Season with salt and pepper--some like a shake of garlic. Turn this into a well-buttered dish. Pour 1½ cups of white sauce over this. Cover with fine CRACKER CRUMBS, combined with 1/2 cup grated CHEESE. Bake at 325° for 40 minutes or until bubbly.

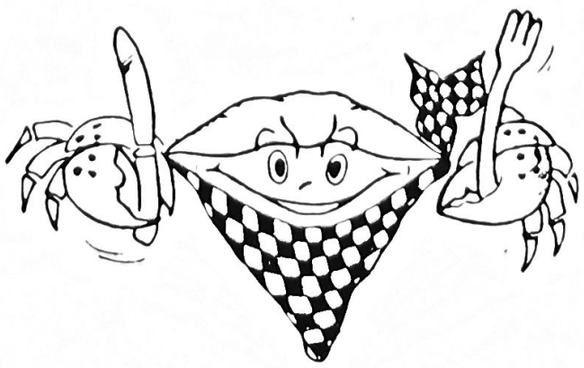
-- Marguerite McIlroy

CRAB STRATA

8 to 10 slices bread
3 cups crab or shrimp
3/4 cup mayonnaise
1 chopped green pepper
1/2 cup chopped onion
1 cup chopped celery
3 cups milk
4 eggs
1 can cream of mushroom soup
Grated cheddar cheese
Paprika

Cube 4 slices of bread, crusts on, to cover in a single layer, bottom of casserole. Mix crab, mayonnaise, pepper, onion and celery and spread over bread. Trim crusts from remaining bread to cover crab mixture. Beat eggs, add milk and pour over mixture. It should almost cover; if not, add 1 more egg to 3/4 cup milk. Refrigerate overnight. Bake at 325° for 15 minutes. Spread soup over top, then cheese and paprika. Bake 1 hour or until set. Serves 12.

-- Marjory Welch



CLAM CHOWDER

Clams
3 or 4 slices bacon or salt pork
2 large onions or several green onions
1 stalk celery
Parsley
Bay leaf
3 medium large potatoes
Salt and pepper
1 can beef bouillon
2 cans condensed milk or 3 or 4 cups of rich milk
Pimento
Whipped cream

This can be made either with minced clams or small baby clams. Fresh are best but canned clams can be used if necessary. There should be about 4 pounds of clams or 2 cans of minced clams.

Cut pieces of bacon or salt pork into small cubes. Fry (but do not brown) until cooked. Pour off excess fat. Add diced onions, chopped celery, parsley and bay leaf. Cook slightly. Peel and dice potatoes and add. Barely cover all with water and cook until tender. Salt and pepper to taste. Add juice from clams - about 1 cup. Add beef bouillon. If you use small fresh clams, add about half in the shell. Add milk, Heat thoroughly but do not over-cook. Serve with the reserved clams still in the shell, placed in the bowl at the last minute. Garnish with parsley and bits of pimento and a spoonful of whipped cream. May use chopped green leaves of onions, if desired. Serve with toasted French bread or corn sticks.

-- Mary Johnson

PICKLED HERRING

3 or 4 salt herring
2 medium white onions
Mixed pickling spices
Sugar
2 parts white vinegar
1 part cold water

Skin and clean herring, cut into "Gaffelbiter" (inch-wide) pieces, and split. Soak in cold water about an hour. Place a layer of sliced onions in a bowl, then a layer of herring. Sprinkle generously with mixed pickling spices and a rounded teaspoon of sugar. Continue layers, finishing with a final layer of sliced onions, spices and sugar. Pour mixture of vinegar and water over layers, being sure to cover completely. Cover and refrigerate two or three days before serving.

-- Mrs. Ernest D. Peterson

PICKLED SALMON

Brine for 2 or 3 pound salmon.

1/2 cup sugar
1/2 cup water
1 cup vinegar
1-1/2 t. whole cloves
1-1/2 t. whole allspice

Boil 1 minute and cool. Poach filet of salmon in water to cover with lots of salt. Bring to boil and simmer slowly until cooked. Take fish out and cool. Cut in chunks into large bowl, layer sliced onions and fish. Pour brine over fish. Cover overnight in refrigerator.

-- Lee Arey

THE GEODUCK -- A Giant Clam

Prepare that portion of clam known as steak (this will be the tenderest part) by cutting in thin slices (not to exceed 1/2 inch).

Dip in batter prepared as follows:

Make a gravy thickening, with flour and water, but much thicker than you would for gravy. To this add 1 T. vegetable oil, dash of salt, and one egg white, which has been beaten to a frothy stage.

Lastly, roll in cracker, or bread crumbs and fry quickly in oil -- not deep fry.

Serve with lemon juice.

The neck of the clam may be skinned by placing in boiling water for a few minutes and then ground into meat for Chowder.

-- Mrs. Clarence (Lois) Easton

BEACH OYSTERS

Before you leave home, prepare this sauce in a jar:

Cup of MAYONNAISE
Good squeeze of LEMON JUICE
3 T. each CATSUP
CHILI SAUCE
CREAM HORSERADISH
WHIPPING CREAM
2 shakes of HOT SAUCE
Dash of NUTMEG
SALT and PEPPER to season.

At Beach --
Build fire--on grate place heavy iron pan--with about two inches of rock salt.

Pick up single type oysters. Place oysters cup side down on hot rock salt.

Soon they will open--stewing in their own juice.

Plus your own sauce--A Beach Banquet.

--Marguerite McIlroy

ON THE BEACH--OYSTERS
(Alternate Method)

If your family consists of part oyster-lovers and half hamburger lovers, you can combine the two successfully by taking a portable charcoal burner to the picnic with you. (Don't forget the charcoal!)

Get your charcoal going, and place the oysters on the rack, cup side down to open, while a hamburger cooks on the other half of the grill.

OYSTERS AND SHRIMP FLAMENCO

12 oz. fresh Hood Canal Oysters
3 slices bacon, diced
1 clove garlic
2 medium-sized onions, sliced
1 cup chopped celery
1 cup slivered green pepper
1 bay leaf
1/2 t. chili powder
1/4 t. black pepper
1 #1 can tomatoes
1-1/2 cup oyster water
1 T. vinegar
1 t. sugar
1 cup sliced ripe olives
1/2 lb. cooked shrimp
Cooked rice for 6 to 8

Pre-cook oysters by dropping them into boiling water and simmer 5 minutes. Reserve 1-1/2 cups of pre-cooking water. Finish draining oysters and set aside.

Fry bacon, onion, garlic, celery and green pepper until soft. Add bay leaf, chili powder, pepper, tomatoes, oyster water, vinegar and sugar. Bring to boil. Remove bay leaf. Pour into 2-quart casserole, cover and bake in 375° oven 30 minutes. Mix in olives, shrimp, and precooked oysters. Return to oven and bake 15 minutes longer.

Serve with rice.

-- F.F.

SEAFOOD DELIGHT

6 slices white bread, buttered on both sides
2 cans tuna
1 cup celery, diced
1 cup mushrooms
2 cups milk
4 eggs
1 cup mayonnaise

Put 3 slices of bread on bottom of casserole. Add tuna, celery and mushrooms. Beat together milk, eggs and mayonnaise and add. Put 3 slices of bread on top. Refrigerate 24 hours before baking. Pour can of mushroom soup over before baking. Bake 1 hour at 350°. Serves 5 to 8 persons.

--Billie Hoglund

SHRIMP OR CRAB SOUFFLE

1-1/2 T butter
1-1/2 T flour
few grains mustard
1/3 t. salt
few grains pepper
1-1/2 cup milk
1/4 cup soft bread crumbs
1/2 cup chopped crab
1/2 t. baking powder
2 eggs

Make a white sauce, add crumbs, shrimp, beaten egg yolks. Fold in beaten egg whites. Put in oiled baking dish. Place in pan of water. Bake 30 minutes at 375°.

--Billie Hoglund

POACHED STEELHEAD OR SALMON

2 cups white wine or dry vermouth
1 cup water
1 small onion, quartered
1 stalk celery, chopped with leaves
3/4 t. salt
3 sprigs parsley
4 or 5 whole black peppercorns
1 t. thyme
1-2 or 3 lb. piece steelhead or salmon, in one piece or in fillets
Sour cream sauce

Combine wine, water, onion, celery, salt, parsley, peppercorns and thyme in a large kettle. Cover and simmer for about 45 minutes. Strain and refrigerate until ready to use. Wrap steelhead or salmon in cheese cloth. Bring court-bouillon to a simmer again if you have cooled it. Lower the fish carefully into the simmering court-bouillon. Cover and simmer gently 20 minutes or until fish flakes easily. Lift out fish. Drain and discard cheese cloth. Serve fish hot with sour cream sauce.

SOUR CREAM SAUCE

1 cup dairy sour cream
2 t. prepared horseradish
2 t. lemon juice
1 t. sugar
1 t. fresh chopped dill
1/4 t. salt
Dash of white pepper

Combine all ingredients and let stand in refrigerator at least an hour to blend flavors.

FILLET OF SOLE NEW ORLEANS

Arrange 1 lb. sole fillets in baking dish. Blend and pour over:

1-1/4 cup white sauce (medium)
3 T. dry white wine or sherry
2 T. lemon juice
Salt and pepper to taste

Top with 2 T. each buttered bread crumbs and Parmesan cheese and a few slivered almonds. Bake at 375° for 30 minutes.

--Eleanor McCurdy

SWEET AND SOUR SHRIMP

1 9 oz. can pineapple tidbits
2 T. cornstarch
1/4 t. dry mustard
1 T. soy sauce
1 onion chopped fine, or green onions sliced lengthwise
1/4 cup brown sugar
1 t. salt
1/4 cup vinegar
3 drops tabasco
1 green pepper cut in strips
2 cups each rice and cooked shrimp

Drain syrup from pineapple into measuring cup, add water to make 1 cup. In fry pan put brown sugar, cornstarch, salt, dry mustard; slowly stir in vinegar, soy, tabasco, pineapple liquid; cook until it thickens. Boil 1 minute.

Reduce heat, stir in onion, pepper, shrimp, pineapple, simmer 2 to 3 minutes. Serve hot over fluffy rice. Serves 4.

--F. F.

CRAB OR LOBSTER CASSEROLE

1-1/2 cup crab or lobster
4 hard boiled eggs, sliced
1/2 lbs. sauteed mushrooms
3 T. butter
3 T. flour
pinch salt, pepper and tarragon
1-1/2 cup milk
1/2 cup grated Tillamook cheese
3 T. sherry
3/4 cup whole walnut meats

Mix flour and butter over low heat--add milk, stirring until thick. Add grated cheese, sherry, salt, pepper and tarragon. Simmer awhile. Butter baking casserole. Alternate layer of crab or lobster, eggs, mushrooms and walnuts. Cover with sauce, top with buttered bread crumbs. Bake 350° for 1 hour. Serves 6.

-- Farmhouse

BAKED STUFFED WHOLE SALMON

Clean/salt cavity.
Fill loosely with bread stuffing:
onion, celery both sauteed
in butter, minced celery,
marjoram.
Skewer and lace.
Oil skin so it won't dry.
Skewer 3/8" slices raw potatoes on fins and tail.

12# will take about 1-1/2 hours until it feels hard at 300°; about 60 minutes at 350°; 10 minutes per inch measured through thickest part of fish. (4 inches takes 40 minutes.) 10# -- 1 hour at 350°; 16# -- 1-1/2 to 2 hours at 350°.

-- Farmhouse

THREE WAY CURRY

First make the basic sauce. Make it two weeks ahead, if you wish. Store in freezer until the day of the party. Or make it a day or two ahead and store in the refrigerator.

3 large peeled apples, cored and quartered
2 large onions, peeled and quartered
1 cup butter or margarine
4 T. flour
2 T. curry powder
3 t. monosodium glutamate
3 T. salt
1-1/2 t. paprika
3 large and 1 small cans evaporated milk
2 quarts water

Run apples and onions through fine blade of food grinder. Heat butter in large (gallon size) Dutch oven or sauce pan. Add onion and apple and cook gently until tender and translucent, 20 to 30 minutes. Combine cornstarch, flour, curry powder, monosodium glutamate, salt and papper and paprika in a little bowl. Sprinkle over onion mixture and blend. Slowly stir in milk, then water. Gradually bring to simmering point. Cook over low heat; stir occasionally. Makes 3 quarts, serves 24.

Use with chicken, turkey, lamb or shrimp. For curry condiments serve: flaked coconut, chopped nuts, watermelon pickles, chopped fried bacon, raisins, peanuts, mashed bananas, chutney, sieved egg whites and yolks (separately) etc.

-- Josephine Crist

FISH AND FRESH MUSHROOMS

Chop and sauté 1 cup fresh MUSHROOMS in BUTTER or OIL, with 1 T. minced ONION. When browned, add 1 T. FLOUR and 2 T. CREAM. Set aside.

Make a WHITE SAUCE of the following:

3 T. butter
1/2 cup flour
2 cups milk
4 eggs

Beat the eggs, one at a time, into the sauce. Add 1/2 t. salt, dash of nutmeg, 1 cup grated SWISS CHEESE.

Grease baking dish; make a layer of the white sauce, mushrooms, then SHRIMP or CRAB MEAT, another layer of white sauce, etc., etc., until all are used.

Sprinkle more grated cheese over top, and dollops of butter. Bake at 350° until knife comes out clear. About 30 minutes.

May be made ahead and refrigerated.

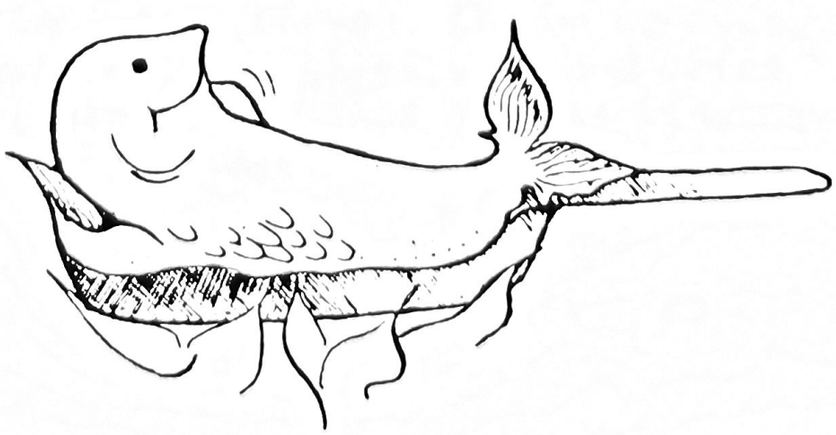
-- Ruth Grimm

BARBECUED SALMON STEAKS

6 to 8 salmon steaks
2 T. salt
1 cup water
1/2 cup catsup
1/4 cup salad oil
3 T. lemon juice
2 T. vinegar
1 t. hickory liquid smoke
1 t. Worchestershire sauce
1 t. salt
1/2 t. grated onion
1/2 t. powdered mustard
1/4 t. paprika
1 clove garlic, finely chopped
3 drops tabasco sauce

Mix salt and water. Soak fish in salted water for 3 minutes. Turn, soak other side for 3 minutes. Drain well. Combine remaining ingredients. Marinate fish for 1 hour. Place on greased broiler and broil until flaky, turning once. Baste fish with the sauce in the marinade.

-- Dorothy Plut



BAKED SALMON IN BROWN BAG

8 lb. dressed whole salmon
1 large onion
Salt and pepper
Fish seasoning (optional)
Large brown grocery bag

Rinse inside of large grocery bag (do not use recycled) with water. Drain. Put in 1/2 cup flour and shake so sack is well-coated. Dump out remainder of flour. Lay well-seasoned fish in sack. Put cut-up onion in cavity. Fold end and sides of sack so that the fish is snugly covered. Tie sack firmly with string. Place fish on rack on cookie sheet. Place in 425° oven for 1 hour -- turn once or twice. After removing from oven, let stand for 5 or 10 minutes so fish will absorb juices. Remove sack by cutting side with kitchen shears. The skin will adhere to the wall of the sack. With spatulas, gently transfer to platter. This may be served hot or chilled. If frozen, thaw before cooking.

SAUCE

1 large onion, very finely chopped - soak
in water and sugar solution for 2 hours
and drain
Equal amount drained pickle relish
Mayonnaise
Salt and pepper.

-- Taholah Indians
by way of Dorothy Wallace
and Dorothy Plut

FRESH FISH BAKED WITH WINE

These proportions are for 4 lbs. of fresh RED SNAPPER, HALIBUT or COD. If you wish, steaks or fillets can be used.

Place the fish in a baking dish with lid. Cover with thinly sliced WHITE ONIONS, bits of PARSLEY (don't skimp), juice of one LEMON and 1 cup of dry WHITE WINE, 1 BAY LEAF, pinch of THYME.

If you do this in the morning, turn it over at noon and again before baking.

Bake at 350° until the fish flakes.

Now when your dish is about cooked, take a saucepan, add:

2 T. butter
2 T. flour

Make a roux, adding the stock from the fish in the oven gradually, until desired thickness. Just before serving, add 3 T. SOUR CREAM, blending in gently; keep warm, but do not let it boil.

Remove your fish from the baking dish, put on warm platter, remove skin and bones and serve with sour cream sauce, page 20.

-- Ruth Grimm

SEAFOOD MACARONI SALAD

1 cup salad macaroni
1 cup frozen green peas - slightly cooked
1/2 cup finely chopped celery
1 can crab or shrimp
1 chopped dill pickle
1/2 cup chopped green onions
1/2 cup chopped parsley
1/2 clove garlic, minced
Small bottle olives, halved, with liquid
2 T. capers
1/3 cup lemon juice
Freshly ground black pepper
1 cup mayonnaise

Cook macaroni in salted boiling water. Drain & rinse. Add remaining ingredients. Toss and add salt to taste. Chill for several hours. Best if made day before.

-- Majory Welch

CURRIED FRUIT

1 No. 2 can pear halves
1 No. 2 can cling peach halves
1 No. 2 can apricot halves
1 No. 2 can pineapple slices
5 maraschino cherries
1/3 cup butter
3/4 cup brown sugar
2 t. curry powder

Drain fruit well. Melt butter, add sugar, add curry. Place fruit in 1-1/2 quart casserole. Add butter mixture. Bake 1 hour at 325°. Refrigerate overnight. Reheat at 350° before serving. Serves 12.

-- Norma Owsley

FRUIT SALAD

Whole pineapples
Melon balls
Papaya
Mandarin oranges
Apricots
Green and purple grapes
Pears
Peaches
Bananas
Prunes
Blueberries
Whole strawberries
Sherbet
Cottage cheese
Coconut

Wash pineapple, using care not to damage top, and quarter lengthwise. Remove pineapple from shell, cut in cubes to be used in salad. Cover and refrigerate shells until serving time. Fill shells in decorative fashion, using any combination or all of the above.

Top with any of the following:

Whipped cream - green or red cherries
Fresh limes and honey

FRUIT DRESSING:

1/2 cup mayonnaise
Pineapple juice to dilute mayonnaise
Few drops vanilla
Few drops lemon juice
1 T. maraschino cherry juice (to color)
1 T. honey
pinch salt, or
Dribble 1 t. Cointreau over each serving

-- Helen Palmer

CREAM CHEESE TUNA BAKE

4 oz. (1 cup) uncooked macaroni
1 3-oz. pkg. cream cheese
1 can cream of mushroom soup (undiluted)
1 can Tuna (drained and flaked)
1/4 cup chopped green pepper
1/4 cup chopped onion
2 T. chopped pimento
1 T. prepared mustard
1/4 teaspoon salt
1/4 cup milk
1/2 cup cornflakes (crumbled)

Cook macaroni and drain. Blend cream cheese and soup together and combine with macaroni. Stir in Tuna, vegetables, mustard, salt and milk. Turn into 1-1/2 quart casserole. Sprinkle cornflake crumbs on top. Bake 20-25 minutes at 375°. Serves four to six.

Mushrooms, sliced almonds, water chestnuts and many other things may be added to this casserole to suit everyone's taste.

--Mrs. Daniel J. Evans

CHEF'S SPECIAL SALAD DRESSING

(Frankly Filched -- from another City by the Bay)

1-1/2 cups CHILI SAUCE
1/4 cup celery (ground fine)
1/4 cup SOUR PICKLES (ground fine)
2 cups MAYONNAISE
1 t. LEMON JUICE
1/2 t. WORCHESTIRESHIRE SAUCE
1 t. HORSERADISH

Put all ingredients into bowl or blender. Mix together until well blended. Makes one quart.

Note: This dressing can be used on any seafood salad. Keep in cool place. It will keep indefinitely.

--F. F.

SAUERKRAUT SALAD

1 No. 2-1/2 can of Sauerkraut, squeezed and chopped
1 cup Celery
1 cup Green Pepper - chopped
1 large Onion (Bermuda)
1-1/4 cups sugar
Mix together with:
1/2 cup white vinegar
1/2 cup oil
Marinate overnight

Note: Can also be all mixed in a blender.

--Beverly Nelson

POTPOURRI

RICE CASSEROLE

2 lbs. pork sausage
2 chopped onions
1 chopped pepper
1 bunch celery chopped
3 pkgs. chicken noodle soup
9 cups water
2 cups raw rice
2 cans whole button mushrooms
1 cup chopped almonds
1 cup slivered almonds

Brown sausage and drain off all fat. Add onions, pepper and celery. Add rice and water and bring to full boil. Add soup and boil. Add chopped almonds and mushrooms. Top with slivered almonds. Bake 1 hour at 350° . Serves 12.

-- Cora Schaill

BAKED SHRIMP CHEESE PUFF

1 cup or 1/2 lb. fresh shrimp
5 slices white bread, broken in small chunks and toasted in oven, then brushed with melted butter.
1 t. dry mustard
1/2 lb. sharp grated cheese
2 cups milk
3 eggs slightly beaten
1/2 t. salt
Pepper, paprika, cayenne to taste.

Place layer of cubes in casserole, layer of cheese, layer of shrimp, until used. Add seasoning to milk and eggs and pour over other ingredients. Bake at 325° for 40 to 50 minutes.

--Dorothy Meyers
Helen Kinkade

ALMOND CRAB CASSEROLE

Before baking this mixture of crab, shrimp, and crisp noodles, you sprinkle a generous amount of shaved almonds over the top of it.

1 cup crab meat
1 cup cleaned cooked shrimp
2 cans mushroom soup
1 cup finely sliced celery
1/4 cup minced onion
1 can (3 oz.) crisp fried noodles
1 pkg. (2 oz.) shaved almonds

Combine crab meat, shrimp, undiluted mushroom soup, celery, onion and crisp noodles. Turn into a greased casserole and sprinkle shaved almonds over the top. Bake in a moderately hot (375°) oven for 25 minutes. Serves 6. (I have doubled it successfully for a larger casserole.)

--Mrs. Gael Stuart

JAPANESE SASHIMI (Saw-She-Me)

Fresh raw fillet of RED SNAPPER (1/2 lb.).
Slice fillet lengthwise, 1-1/2 inches wide.
These long strips are then sliced crosswise about 1/8 inch thick, using very sharp knife. Place these little squares of fish on a serving platter, garnish with parsley and chill.

SASHIMI SAUCE

Pour 1 T. boiling water over 2 T. dry mustard.
Mix, then stir in 1/2 cup of SOYU SAUCE.

Serve the sauce in one small dish and sesame seeds in another dish.

The fish is then eaten by dipping a piece into the sauce, then into the seeds and then into the mouth. Serve steamed rice in rice bowls.

-- House of the Four
Seasons
Lorraine Nichols

JAPANESE FISH SOUP (Baked Custard)

4 cups stock, made with fish, chicken broth or a combination of both--must be delicate in flavor. Can use clam broth and chicken boullion.
Bit of sweet basil or bay leaf or fennel.
1 t. salt
Dash of pepper - I prefer white pepper
3 green onions, minced
1 stalk celery, minced
1 t. parsley, minced
4 eggs, slightly beaten
1 cup slivered white fish or crab or combination of any mildly flavored fish.**
1/2 cup large pieces of crab to use for garnish just before baking
Lump of butter

Saute onion, celery, herbs in butter. Add warm stock. (Not too hot) and fish. Stir until well blended.

Ladle into baking cups or covered Japanese cups. Lay choice pieces of crab or fish on top of mixture. Place custard cups with mixture in a flat pan of hot water and bake about 1/2 hour at 325° - or until a knife comes out clean when inserted into the custard.

Remove from oven and garnish with bit of parsley. Serve with thin toast, bread sticks or crackers.

Serves 4 - 6 persons.

**This soup can be made with chicken also.

--Mary Johnson

SOUTHERN SHRIMP BATTER

1 cup flour
2 T. cornstarch
1 t. salt
1 T. baking powder
2 eggs
Water (about 1 cup or a little more)
1 lb. fresh or frozen, medium-sized, peeled and deveined raw shrimp

Mix flour, cornstarch, salt and baking powder together and sift into a bowl. Add whole eggs and mix well to a smooth batter. Add cold water until you have a smooth batter that is quite thin. (It is just a little thicker than the consistency of heavy cream.) Add raw shrimp to batter. Heat oil in a heavy deep pan or in a deep-fat fryer, 375 to 400°. Drop shrimp into hot fat, with tongs and cook until a light golden brown. (A basket will aid in removing the shrimp, or use a slotted spoon.) Drain on absorbent towels and serve with lemon slices and dip in a sauce.

-- Mary Vallentyne

CRAB FOO YUNG

1 lb. fresh crab meat
1/2 cup celery, finely cut
1/4 cup green pepper, finely chopped
3 green onions, finely cut
1 can (1 lb., 3 oz.) bean sprouts, drained
1/2 cup mushrooms, chopped (fresh if possible)
1/2 cup ready-to-eat cereal concentrate
6 eggs slightly beaten
1/2 t. salt
dash pepper
1/2 t. monosodium glutamate

Combine crab meat with vegetables and cereal concentrate; mix lightly. Combine eggs and seasonings in medium-sized bowl. Add crab meat-vegetable mixture. Mix lightly. Using 1/4 cup portions of mixture for each cake, cook in small amount of heated shortening in fry pan over high heat until delicately browned on both sides, turning only once. Keep cakes hot until all of mixture has been cooked. Serve immediately with Foo Yung Sauce. Makes 6 servings, 2 cakes each. Calories total 165 per serving with 2 T. Foo Yung Sauce.

FOO YUNG SAUCE

Combine 1 T. cornstarch and 1/4 t. sugar with 1 T. soy sauce and 1 cup bouillon in small sauce pan. Cook over low heat until thick and clear, stirring constantly. Serve with Crab Foo Yung. Makes 1 cup sauce.

CRABBING

The fall and winter of the year are the best times to get your crabs by the following method:

Equipment

A washtub, lantern, hip boots, a rope to tie the tub to your belt, heavy, bite-proof gloves, and a rake to capture the delicious crustacean. The crab moves from side to side, instead of front and back, so the sides of your rake must be constructed to take this into consideration.

Time

When there is a minus tide. In the fall and winter months this is always after dark.

Place

Everybody has his favorite spot. Any public beach. In general, where a creek empties into the bay (as where Chimacum Creek empties, just below the CZ mill.)

Rules

The crab (male only) must measure 6-¼" in front of horns or points across the shell. Most people carry a stick cut to the measurement. 6-crab limit per person.

Cook

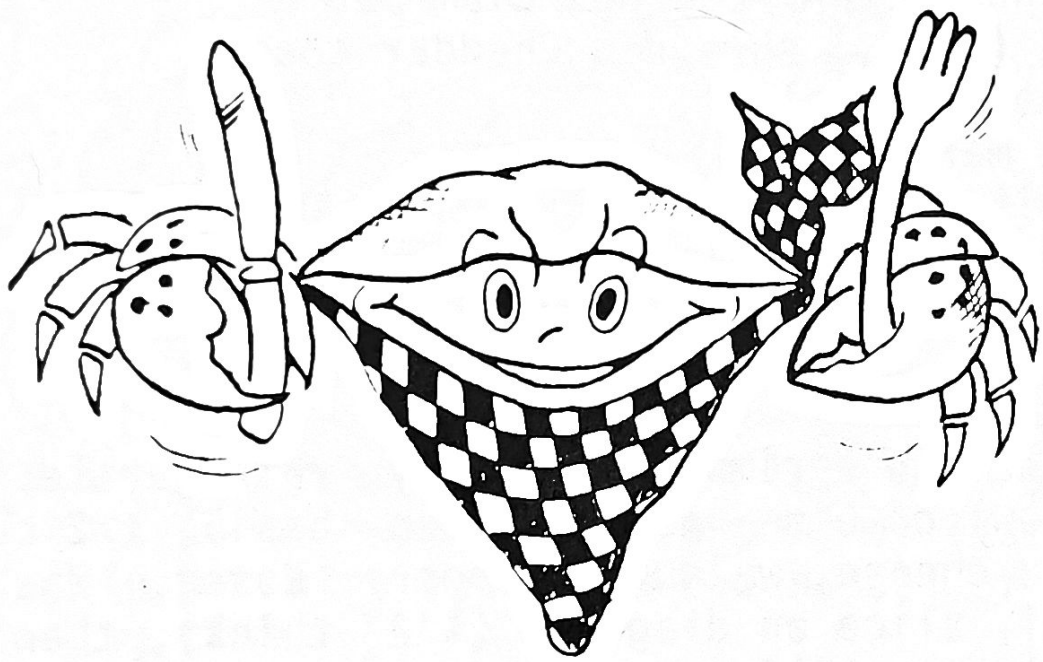
Build a beach fire, set a tub of sea water with plenty of seaweed in over the fire. When boiling, put the live crabs in the water and cook 20 minutes from second boil.

Or---

Take them home and boil on the kitchen stove, in salted water.

To Clean

Turn cooked crab on back. Break off flipper on tail. Place both thumbs in hole left by tearing off flipper. Slight pressure will separate top shell from body. Pull off all the grey "fingers"--excess pieces of shell and wash off yellow matter. Crab is ready to eat.



SHRIMP MARINARA, SPAGHETTI GENOVESE, ZUCCHINI PARMESAN

For 8 people

4 lbs. raw shrimp
6 T. instant minced onion
2 t. dried basil leaves
Grated Parmesan cheese
4 T. finely chopped walnuts
1/2 t. seasoned pepper
10 medium zucchini
2 lbs. spaghetti
4 cans Chef Boy-Ar-Dee Marinara Sauce
1 can Chef Boy-Ar-Dee Red Clam Sauce
4 pkgs. (4 oz.) shredded Cheddar cheese
3 t. seasoned salt
butter, margarine
1 t. salt
2/3 cup olive or salad oil
Parsley

Day Before:

Shell, devein shrimp. Wash, dry, refrigerate. In small bowl combine instant onion, basil, 1/2 cup Parmesan cheese, walnuts, pepper. Cover. Wash zucchini, slice on diagonal (1/2" thick), then cut each slice in half. Wrap in foil and refrigerate.

Forty-five minutes before:

Cook spaghetti as label directs. Heat oven to 450°. Turn Marinara sauce into jelly roll pan. Lay shrimp in, side by side. Sprinkle with Cheddar cheese. Start baking shrimp for 20 minutes. Cook zucchini in covered skillet, in 1/4 inch hot water with seasoned salt, for 10 minutes or until tender crisp. Meanwhile, drain spaghetti, arrange in center of large serving platter; dot with 6 T. butter. Sprinkle with salt, drizzle on oil, sprinkle on onion, Parmesan, walnut mixture, then toss. Drain cooked zucchini; add 1/2 cup butter, let melt. Gently toss with fork until coated. Arrange at one end of spaghetti platter. Sprinkle with Parmesan cheese. Lift shrimp to other end of spaghetti platter. Pass remaining sauce.

--Roseann Nowak

SAUCE

Seems everybody has his favorite. But here is a good one.

Catsup
Mayonnaise
Grated horseradish
Lemon juice
Worchestershire sauce
Drop of tabasco

Just mix until you get the desired consistency.

-- Bob Burnett
Bob Grimm

CLAMS BAKED IN THE SAND

Dig the littleneck clams 48 hours before bake. Wash, sort and place in tub of sea water.

Dig pit 2 to 2½ feet deep, 3 to 4 feet wide and 5 to 7 feet long, depending on amount of clams to be baked. Dig pit high enough on beach, out of reach of incoming tide.

Line bottom of pit with rocks 8 to 10 inches in diameter. Build fire in pit 3 to 4 hours before bake and keep a good fire going all that time. When ready for the bake, clear fire from pit. Put a layer of seaweed 2 to 3 inces thick on hot rocks.

Spread clams on seaweed. Cover with layer of seaweed 2 to 3 inches thick, cover seaweed with gunny sacks, cover sacks with sand.

Let bake for 20 to 30 minutes.

Scrape off sand, carefully lift off sacks and seaweed. Clams are ready to eat!

-- Jim Chase
Burdette Redding
Bob Burnett

CLAM CHOWDER

Minced clams
Salt pork cubes or bacon bits, fried out
Onion
Celery
Green pepper
Potatoes
Salt and pepper
Sage
Sherry
Curry

Cut onion and celery in 1/4" cubes. Saute slightly in above fat.

Cook clams in tomato juice. Add pork, vegetables, seasonings, clam nectar.

Thicken with flour and water.

-- Farmhouse

CLAM HASH

Chopped cooked potatoes
Chopped clams
Butter
Cream
Onions
Salt and pepper

Use about 2 cups each clams, potatoes, 1/4 cup minced onion sauteed in 3 T. butter. Mix, add salt, pepper. Turn into hot frying pan with 2 T. butter. Spread evenly over pan--allow to brown. Pour in 1/2 cup cream in about 1/2 hour, after well browned on slow heat. Fold as an omelette. Garnish with lemon and parsley.

Good for breakfast, lunch, dinner.

-- Farmhouse

BAKED STUFFED MUSHROOMS

4 large mushrooms per serving
1-1/2 T. minced green onion
2 t. chopped parsley
3 T. butter
1/2 to 3/4 cup pureed spinach
Nutmeg
Salt
Grated Cheese

Cut the ends of the mushroom stems and remove them from the caps. Chop fine and saute in butter slowly for 15 minutes. Add onion, parsley, spinach, nutmeg and salt. Fill the caps, sprinkle with grated cheese. Bake at 375° for 15 minutes on greased baking sheet. Serve plain or on toast rounds or fried bread. This is a nice addition to a meat platter.

-- Ethel Dupar

PICKLED MUSHROOMS

1 lb. mushrooms
1 t. oregano
2/3 cup oil (olive or salad)
1 bud garlic, crushed or chopped fine
1 T. capers
1 T. instant minced onions (soften in water first)

Cook mushrooms in boiling water for 10 minutes. Drain well, add everything together and marinate for at least an hour. I try to buy mushrooms about the size of a quarter and use them whole -- they're prettier that way!

-- Annette Bailey

GREEN BEAN CASSEROLE

2 packages frozen French-style green beans cooked
1 can bean sprouts
1 can water chestnuts
1/2 pound fresh mushrooms, sauteed
1 can cream of mushroom soup
1 small onion grated
1 cup grated Cheddar cheese
1 can French-fried onion rings

Mix together green beans, bean sprouts, water chestnuts, mushrooms, the soup, onion and 2/3 of the grated cheese and place in a casserole dish. Sprinkle remaining cheese over top. Bake 30 minutes at 350°. Before serving, sprinkle onion rings over top. Put under broiler for 2 minutes. Serves 8 to 10.

-- Ruth Grimm

GOURMET RICE

1 6-oz. box Long Grain White & Wild Rice, cooked
1/3 cup onion
1/4 cup butter
1/3 cup flour
Salt and pepper
1 cup half-and-half
1 cup chicken broth
1/3 cup pimento
1/3 cup parsley
2 cups shrimp, crab, cooked red snapper, or scallops
3 T. blanched almonds

Sauté onion in butter. Blend in flour, salt, pepper, half and half and chicken broth. Stir constantly until thickened. Combine cooked rice with sauce, add pimento and parsley. Add shrimp and almonds. Pour into greased 2-quart casserole and bake at 425° for 30 minutes.

WHEN JOE HAS A LUCKY CATCH (Stew)

Using proportions to fit your needs.

Heat large teflon or enameled skillet. Add:
Oil
Crushed garlic
Green pepper (in chunks)

Saute briefly. Add:
Large can whole tomatoes
Chopped white onion
Sliced zucchini (cut diagonally)
Celery (cut diagonally)
Parsley (chopped)
Oregano
Salt
Red chili pepper (cut for extra hot)
Bay leaf

Simmer briefly, about 5 minutes. Add:
Rock Cod (fillet-cut into small serving pieces)

May use any white fish and/or combine prawns, shrimp, crab, etc.

Simmer about another five minutes, turning fish once. Do not overcook. Vegetables should be crisp and fish flaky. Remove bay leaf and chili pepper. Serve with fluffy rice.

-- Donna Daubenberger

SHRIMP & ORANGE SALAD

1 can small shrimp, drained
1 can mandarin oranges, drained (reserve juice)
1 cup (approx.) diagonally sliced celery
1 avocado, sliced
Lettuce

DRESSING:

Mayonnaise (not salad dressing)
Juice from oranges
Dash of garlic powder
Salt or lemon juice to taste

Toss together shrimp, oranges, and celery. (Amount of celery may vary according to number to be served.) Combine dressing ingredients, using just enough juice from oranges to make right consistancy. Mix with shrimp, etc. Fix 3 to 5 lettuce cups. Place avocado slices on lettuce. Put a scoop of salad in each lettuce cup. May be topped with ripe olive, slice of avocado or sprig of parsley. Serves 3 to 5.

-- Billie Hoglund

BERGY'S KIPPERED SALMON RECIPE

To begin with you should have a prime fresh-caught Puget Sound salmon or a Northwest steelhead. I prefer the fish to be 5 to 10 lbs. to kipper best. Do not scale the fish as this would make the skin too tender and the meat would fall apart when removing from the racks.

First, I cut the head, tail and fins off. Then I cut the fish into 3 or 4 pieces depending on the size. I lay the cut pieces on end and cut out the back bone leaving the side bones on each slab. Take a large, deep pan, lay the slabs of fish skin side down and sprinkly salt generously on each piece, stacking each on top the other. Put pan in a cool place and leave overnight. I usually start my smoking in the morning early so that I will be done around noon.

There are numerous types of smokers used. An electric one on the market using hickory chips is very good and does an excellent job with minimum of work. I have a custom-made one out of steel. It has a domed lid covering the fire box and the fish rack and I can control my heat with the stack damper. I use only seasoned alder as over the years I found that green alder produces too much tar and creates too much moisture which will sour the meat. I smoke the fish in approximately 200 degrees for 5 hours wich seems to do the right job.

You now have the recipe. All you have to do is to get out and catch yourself a salmon or steelhead.

PAELLA

For sixteen. So delicious in Spain and Port Townsend!

3/4 cup olive oil
3 large onions, sliced
3 cups rice
6 cups stock or bouillon
3/4 t. pepper
3 jars (10 oz.) whole clams or fresh 1/2 lb. shrimp shelled and deveined
3 cups diced, cooked chicken
3/4 lb. boiled ham, diced
3 pkg. frozen peas
3/4 cup pimiento-stuffed olives

Heat oil. Add onion and rice and cook over medium heat for 10 minutes, stirring frequently. Add stock or bouillon, saffron, salt and pepper. Mix well. Cook over medium heat 15 minutes, stirring occasionally. Add undrained clams and remaining ingredients. Mix well. Heat mixture to boiling point. Cook over medium heat 15 minutes, stirring occasionally. Bake in very hot oven (450°) for 15 minutes.

-- Josephine Crist

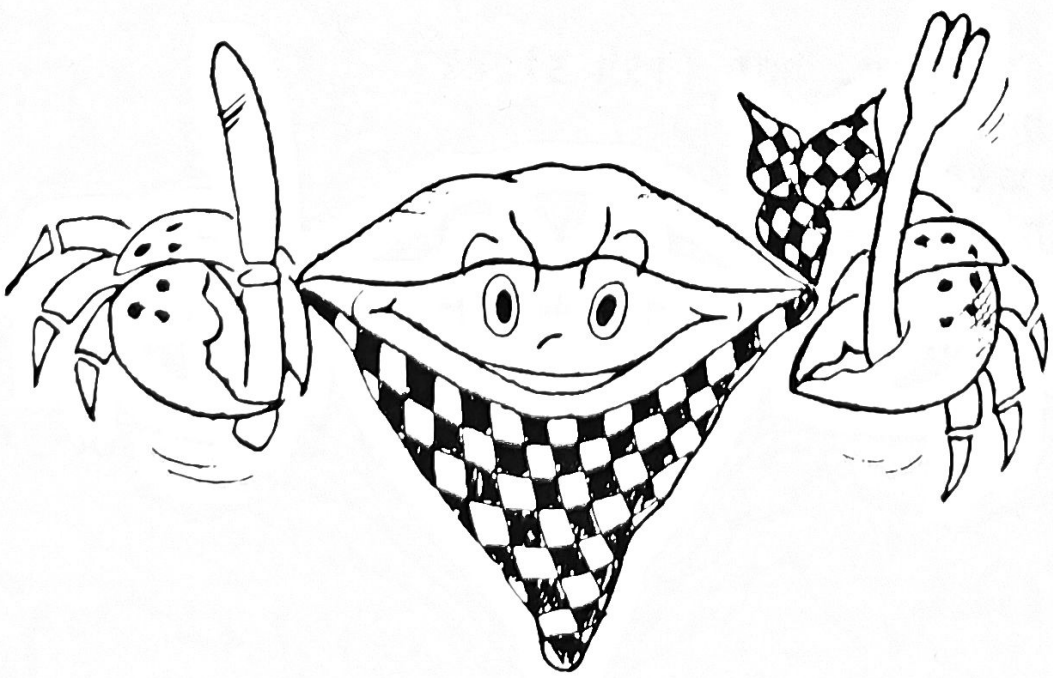
PETER'S POT

Combine in large casserole:

1 can ea. shrimp, crab and tuna (drained)
4 hard boiled eggs - chopped
1-1/2 cup milk
1-1/2 cup mayonnaise
1 can mushroom soup
1 T. onion and parsley flakes
1 t. seafood seasoning
1/2 cup slivered almonds
1-1/4 cup chopped celery
3 T. dry sherry
3 cups cooked rice

Cover and bake 1 hour at 350° - serves 12.

-- Leona Youngblood



MARINATED MUSHROOMS & ARTICHOKES

1 large can sliced mushrooms
2 jars marinated artichokes - sliced in half
1/3 cup chopped green onion
1 small jar pimento stuffed green olives - sliced
2 T olive oil
2 T white wine vinegar
1/4 t. ea. garlic salt, oregano & cracked pepper
Salad greens

Combine all ingredients including liquid from marinated artichokes. Cover bowl and marinate in refrigerator overnight, stirring several times. Makes 6 servings.

-- Margie Abraham

CARDINAL SAUCE

(Serve over poached or baked fish)

5 T. butter
5 T. flour
3 cups strong, hot fish stock
1 cup heavy cream
1 T tomato paste
Salt and freshly ground white pepper
Juice of half a lemon
3/4 cup chopped cooked lobster

-- Mary Solomonson

CRAB FRIED RICE

1/2 lb. Crab Meat
1/2 cup chopped onion
1/4 cup butter or oil
2 cups cooked rice
1 can (4 oz.) mushrooms
1 t. Soy Sauce
2 eggs, well beaten
1 t. butter
2 t. chopped green onions

Drain and flake crab. Sauté onion in butter or oil until golden. Add rice, stirring constantly, cook over low heat until golden brown.

Add mushrooms. Sauté briefly. Stir in soy sauce and crab meat and heat through. While crab is heating, cook eggs in butter in small skillet until set.

Cut in strips, and garnish fried rice with egg strips and chopped green onions.

-- Marilou Green

STUFFED TROUT

8 trout, approximately 12 inches
Lemon juice
Salt
1/2 cup chopped green olives
1/2 cup chopped onions
1/4 cup chopped almonds
1/2 cup chopped fresh mushrooms
Salt and pepper
1 T. vegetable oil
1 T. tarragon vinegar
Vegetable oil
Fine, dry bread crumbs
Aluminum foil

Clean trout, remove heads, rub cavities with lemon juice and salt lightly. Combine olives, onions, almonds, mushrooms, salt and pepper to taste, vegetable oil and tarragon vinegar in mixing bowl. Blend well. Rub trout with vegetable oil. Dredge in bread crumbs. Stuff trout with mixture. Take eight pieces of aluminum foil large enough to wrap trout individually. Wrap trout securely. Broil on low rack or barbecue on high rack until trout are done, approximately 30 minutes.

-- Billie Hoglund

SALMON--PORT TOWNSEND

1 - 8 lb. salmon
1 cup salad oil
2/3 t. salt
4 T. catsup
1 t. paprika
1 clove garlic or 1/2 t. powdered garlic
Liquid smoke

Lay salmon open on foil in broiler pan, after filleting. Brush lightly with liquid smoke. Fold up edges to form a platter. Mix remaining ingredients thoroughly; spread on salmon. Broil until sauce is browned lightly, then turn over to 375° and bake until it flakes - do not over cook.

-- Norma Owsley

HONEY FRUIT

In rectangular baking dish arrange:

2 cans (lg.) grapefruit and orange sections
2 cans (lg.) cocktail fruit (the pieces, not cubes)

(Use more depending on how many you plan to serve.) Drizzle honey over top. Place under broiler until honey melts into the fruit. (Be sure to watch it.) Serve with Shrimp Mariana on page 41 or any fish dish. (Don't ask me why--but it is delicious!)

-- Roseann Nowak

GOURMET GRILLING IN THE SAND

Undoubtedly through experience and through some innate sense leading to a mastery of cooking, melding expediency and the ultimate of taste, the Makah Indians long ago achieved a simple (you must taste it to believe) deliciousness in the preparation of fresh salmon.

Working with materials at hand, the Makah evolved a method for preparation of Salmon not yet equaled. This method changes the Kingly Salmon from a mere food fish to a gourmet's delight.

The materials are simple, as is the method, and easily at hand. One needs CEDAR, SALMON, FIRE and WIRE.

The fire should be made on the beach from almost anything flammable, though rubber tires, while hot, are not recommended.

One first prepares a long cedar stake -- cedar, first because it splits easily and straight and secondly because it imparts no strange odor to the final product. This stake should be approximately 2 inches in outside dimension and about five feet in length. The lower end should be sharpened to a point to be thrust into the sand and the stick wrapped with wire about two feet above the point. Then one splits the stake down to the wire from the top. The wire wrapping will stop the split at that point.

Next, prepare some fine cedar splints about 1/4 x 1/4 inches and a foot or so in length.

Take a 6 - 8 lb. salmon and clean in the usual manner (unless you can talk someone into doing it for you). Cut off the head but not the tail and open the fish displaying the inner aspect of the spine and the ribs.

Make an incision parallel to the spine with a sharp knife on either side cutting through the ribs. The ribs can then be removed thus filletting the fish. A little practice will show you whether this is easier from tail to head or vice versa.

Now spread the split cedar stake and insert the Salmon into the spread, tail up. Take a sufficient number of the small cedar splints and, staggering the first on one side of the fish and then on the other, spread the Salmon so that it is opened up and splinted in place from top to tail (with the tail at the top). Then take additional wire and close the split cedar stake by wrapping it firmly around the stake and the tail. The fish is ready to cook and the preparation should have required less than ten minutes.

Place the stake in the sand close to the fire, preferrably on the down wind side with the inner surface of the fish toward the fire. There it will cook with the excess fat dripping off into the sand. The amount of time varies but generally takes about 45 minutes depending on wind, fire and outside temperature (one or two experiments will make you an expert if not an Indian). Then turn the fish skin side to the fire and allow it to remain approximately fifteen more minutes.

Remove the fish from the stake by unwrapping the wire from the tail and sliding it out of the stake. The Salmon may be served with a mixture of lemon butter or as it pleases the palate otherwise. Short of pouring kerosene on it, nothing can make it taste bad. The Makah women give the fish a generous dosing of salt prior to cooking but this is not a necessity.

Try this and you'll never eat Salmon indoors again.

-- Maurice Pease
and
Harrison Green

HOT CRAB SALAD

2 cups cooked macaroni
1-1/2 cups milk (scalded)
4 slices bread - crusts removed
1/2 lb. shredded cheese (2 cups)
1 t. salt
1 T. chopped green pepper
1 t. minced onion
1 T. pimento
1/4 cup butter
3 eggs well beaten

Soak bread in milk, mix thouroughly. Add cheese, salt, green pepper, onion, pimento, melted butter and eggs. Mix with macaroni. Put in a greased casserole, set in pan of hot water. Bake 1 hour at 325°. Serve in squares with following sauce:

SAUCE:

1 T. butter
2 T. flour
1-1/2 cups milk
1/2 t. salt
pepper
1-1/2 cup fresh or canned flaked crabmeat
1/2 cup mayonnaise

-- Winifred Eldridge

SALADE DE TOMATE (Tomato Salad)

6 ripe tomatoes
1 clove garlic
1/2 teaspoon salt
Freshly ground black pepper
6 T. olive oil
2 T. wine vinegar
1 t. Dijon-type mustard
3 T. minced parsley
1 t. dried chervil

Do not peel the tomatoes, but remove cores. Stand each tomato on a salad plate. Cut vertically into thin slices and then push the slices over so that they lean one against the other.

Put garlic in a bowl, mash to a pulp with wooden spoon and then discard the pulp. Add salt, pepper, oil and vinegar. Mix well together. Stir in mustard, parsley, and chervil. Spoon over the tomatoes just before serving.

CLAM NECTAR

Use the clear juice of clams which is extracted by the distillery method - or steamed, not boiled. Heat enough for as many servings as desired. Better heat a little more than one cup each as this is a popular first course. Taste but do not weaken too much. Serve just in its own delicious flavor without seasoning. Serve in one of two ways:

#1 - Pour hot nectar into cups. Spoon small amount of whipped cream into cup just before serving and sprinkle lightly with paprika.

#2 - Into clear nectar which has been poured into cup or bowl, place one whole clam in shell. Sprinkle with about two leaves of parsley or watercress. Serve very hot!

NOTE: A variation which is acceptable if the nectar is too pungent for some taste is to use half chicken broth and half clam nectar. In this case use a bit of celery for taste. Sometimes 1/2 jigger vodka is used in clam nectar.

-- Mary Johnson

HORSE CLAMS (Or other clams too large to steam)

These are large, rather tough clams, so always grind or chop. Save the liquor as you shuck them. Scrub and save the shells to use as baking dishes.

This is really a list of ingredients rather than a recipe, but whatever the proportions you use, the results are delicious.

Bring chopped clams and liquor to the boiling point, turn off the heat and let them stand.

Sauté chopped ONIONS, CELERY, and GREEN PEPPER in BUTTER until tender, and add to the CLAMS.

Crumble CRACKERS into the mixture to absorb the juice. The crackers will add enough salt, but you will want to add pepper.

Pile lightly into clam shells, sprinkle with grated CHEESE and bake for 15 minutes at 350°.

Or, you may use a thick WHITE SAUCE instead of crackers. Add the clams without the liquor and then add the liquor to make a sauce of medium consistency. If your sauce is too thin you can always thicken it with crumbled crackers. If you use white sauce, add salt.

-- Edna Smith

OYSTER STEW

Try to find Olympia Oysters if possible, or use small Quilcene or Dabob Bay oysters.

3 cups milk
1 cup cream (or use evaporated milk)
1 pint oysters (If this is to be a complete meal, use one quart oysters.)
Butter
Salt and pepper
Bay leaf
Stalk celery
Slice onion

Heat milk and cream and celery, onion and bay leaf in double boiler until hot. Add oysters, which have been washed and drained. Cook until oysters become plump and curl on edges (20 or 30 minutes). Remove seasonings, etc. Add butter, bits of parsley and bits of pimento. Garnish with whipped cream and paprika and serve with oyster crackers. Serves 4 persons.

-- Mary Johnson

SPAGHETTI AND CRAB

1/4 cup olive or salad oil
1/2 cup chopped onion
1 t. chopped garlic
1 t. chopped parsley
1 t. chopped celery
1 cup solid pack tomatoes
1 cup tomato sauce
1/4 cup sherry wine
1 t. black pepper
2 t. salt
1-1/2 cup water
1 lb. fresh or canned crab meat
1 lb. spaghetti

Braise onions, celery, garlic and parsley in oil until golden brown. Add tomatoes, tomato sauce, water and seasonings. Simmer for one hour. Add crab meat and wine and simmer a few minutes.

Cook spaghetti. Drain but do not wash. Add to sauce. Mix well.

Pour on platter and sprinkle with grated cheese. Serve immediately.

Serves 5 or 6 persons.

-- Ruth Grimm

BAKED SALMON WITH DILL

Whole salmon, butterflied or salmon fillets
Salt and pepper to taste
Dill weed
Mayonnaise

Place butterflied salmon on a well greased baking sheet, and season with salt and pepper.

Sprinkle with dill weed. Cover with a thin layer of mayonnaise, sprinkle with dill weed again.

Bake in a preheated 300° oven about 10 to 15 minutes, depending on the thickness of the fish and doneness you desire.

When salmon is done, brown the surface under a hot broiler.

Note: The mayonnaise acts to seal in the juices and keep a salmon moist. After baking, it seems to soak into the salmon and more or less disappears.

-- Gordon Berry

WHICH WINE?

Choosing the right wine to serve with salmon is simple. CHARDONNAY is a good all time choice, the spicy richness of a GEWURZTRAMINER is an ideal match. A FEME BLANC is near perfect. A delicate red, PINOT NOIR, is a smashing success.

-- Gordon Berry

SCALLOPED OYSTERS

2 quarts Quilcene oysters - must be fresh
Fresh bread crumbs - about one large loaf
1-1/2 cubes butter
4 T. cream
Salt and pepper
Sweet basil
Grated Parmesan cheese

Melt butter and toss bread crumbs in butter until coated. Crumbs should be coarse but small pieces. If you take a whole loaf of bread and scrape crumbs from it with fork, they are about right. Use shallow baking dish. Lay one layer of crumbs over bottom of dish, cover with oysters, laid side by side but not covering one another. Sprinkle salt lightly over oysters, add pepper and a sprinkle of basil. Cover with another layer of crumbs, another layer of oysters and seasonings. Cover top lightly with remaining crumbs and a few pieces of basil, crushed finely.

Note: Never have more than two layers of oysters in baking dish. Dribble cream over all. Sprinkle lightly with parmesan cheese. Bake 1 hour at 350° . Do not overcook. Serves 8 to 10 persons.

Note: Bread crumbs should not be layered too thickly. Garnish with slices of lemon and parsley. Good with rice or baked potatoes, green beans or fresh asparagus.

-- Mary Johnson

SEAFOOD STEW

1 cup chopped onion
1/2 cup chopped green pepper
1 minced garlic clove
2 T. oil
1 pound can whole tomatoes
3/4 cup rice (uncooked)
2 - 8 oz. cans tomato sauce
1 bay leaf
1 t. salt
Dash cayenne pepper
3 cups hot water

Sauté onion, green pepper and garlic in oil until tender but not brown. Add remaining ingredients. Cover. Bring to a boil and simmer for 45 minutes. Add:

1 cup crab meat
1 cup shrimp
1 cup chopped clams

The seafood may be fresh or canned. Cover and cook 15 minutes longer. The proportion of seafood may be altered to suit your taste. Serves 6.

For a hearty soup, the amount of rice may be cut in half and an extra 1-1/2 cup water added.

-- Edna Smith

BAY CITY BRUNCH

2 T. butter
2 T. flour
3/4 cup warm milk
Dash of tabasco
2 T. sherry
1 T. lemon juice
3 T. grated cheese
2/3 cup cooked crab meat
2/3 cup cooked small whole shrimp
Lettuce leaves
4 ripe avocados
Small grapefruit sections

Melt butter over medium heat in medium size saucepan. Add flour and make a roux. Cook 2 minutes. Slowly add milk, stirring constantly until thick.

Add tabasco, sherry, lemon juice and cheese. Blend ingredients into sauce. Add crab and shrimp. Return to low heat and heat through, stirring occasionally.

Place lettuce leaves on four salad plates. Peel, stone and slice each avocado into eight slices. Place crab and shrimp mixture in equal amounts in center of the four lettuce leaves.

Arrange four avocado slices on each serving in a spoke design. Place grapefruit section between each spoke and serve. For 4 people.

-- F.F.

BOUILLABAISE - PORT TOWNSEND
(from Provence)

Serve with any full-bodied wine.

Bouillabaise ranks first in all Provencal dishes. There are as many versions as there are fine cooks. In the excellent seafood of Puget Sound one finds comparable flavors to those of France -- and just as good. The important points to remember are:

1. Use fresh seafood
2. Use as much variety as possible.
3. Do not over-cook but when the recipe calls for boiling, boil briskly to blend the flavors.
4. Use proportions and balance in selecting fish for Bouillabaise - some rock fish and some shell fish.

For 8 - 10 persons:

About 5-1/2 pounds sea food:
Pint oysters
1 can shrimp
Clams - leave some in shells for garnish
Crab - save legs for garnish
White fish - sole or halibut or snapper, etc.
2 large onions - dice
6 stalks celery - chopped
2 cloves garlic - chopped finely
2 slices bacon, cut fine
Herbs - sweet basil, fennell, parsley, thyme
Soya sauce - chinese seasoning or some favorite
4 large tomatoes - diced, or one can tomatoes
4 cups stock, either fish or chicken
Juice from clams or 1 cup clam nectar
1 cup white wine
1 can okra
1/2 lemon - thinly sliced
salt and pepper

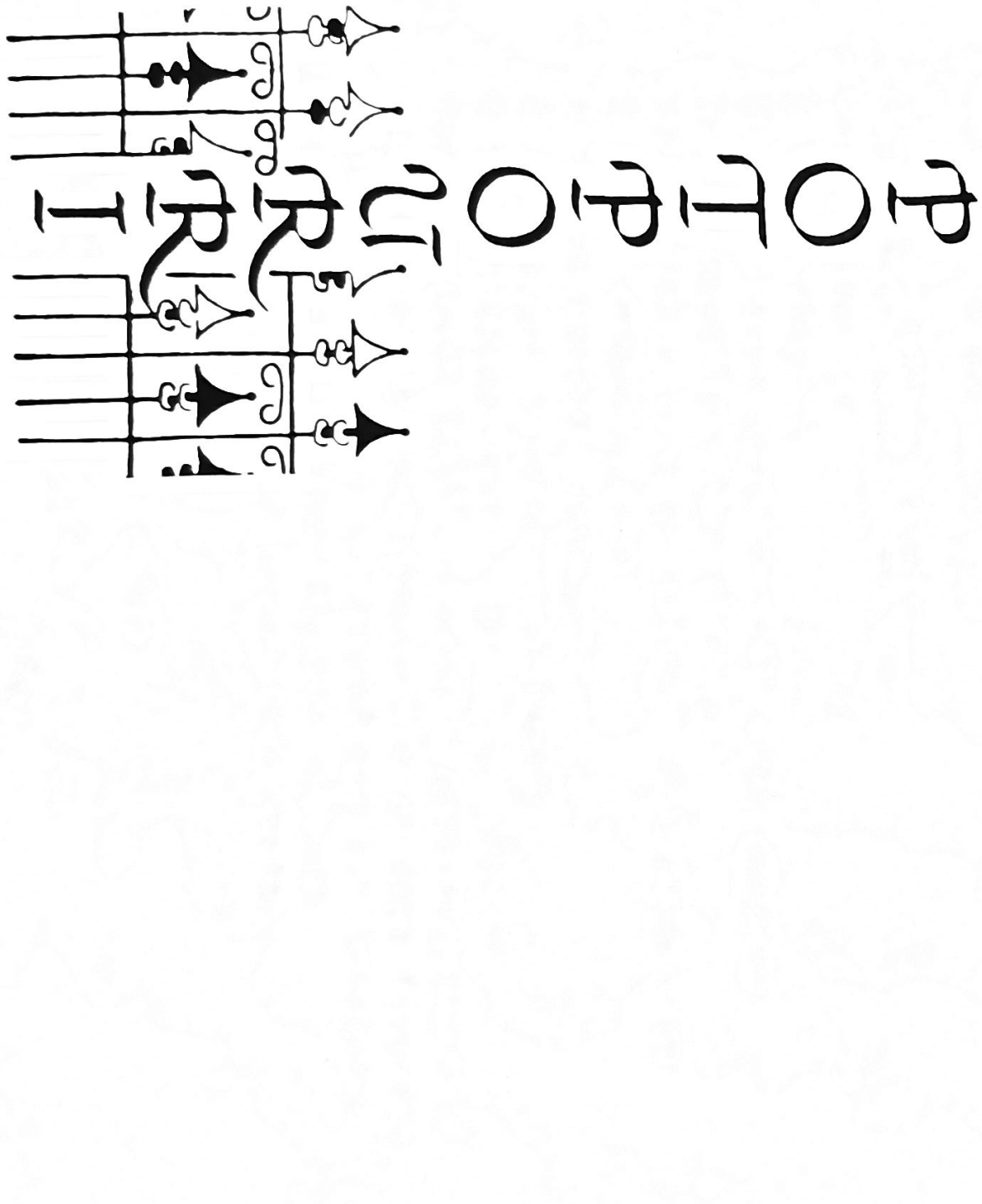
BOUILLABAISE, cont.

Saute vegetables with bacon. Add stock, tomatoes and fish. Boil briskly, just long enough to cook through, reserving half the clams and crab legs. Add okra and lemon. Mixture should be soupy but not thin. Add more water if needed. Add wine last. Bring to brisk boil and remove to tureen.

Serve garnished with clams in shell and crab legs, either on top of tureen or on the platter around the outside of tureen. Garnish with parsley.

Serve with thick slices of French bread, green salad. Fresh fruit and cheese for dessert.

-- Mary Johnson



ALEXANDER ✶

2 oz. brandy
to
1 oz. Creme de Cocoa
1 pint vanilla ice cream
Shredded ice

Put in blender.
Serve in champagne glasses.

-- Mary Solomonson

SIDE CAR ✶

Frost champagne glasses by dipping glass in lemon juice, then sugar - leave on wax paper until ready to serve.

Mix equal parts of:
Triple Sec or Cointreau
Bourbon
Lemon juice (the real thing)
Ice

Cool & serve.

WINE CAKES

1 cup sugar
1/2 cup butter
1 egg
1-3/4 cup flour
1 cup chopped candied cherries and pineapple
1 cup raisins
1/2 cup pecans
1/2 t. salt
1/2 t. soda
1/2 t. cinnamon
1/2 t. cloves
1 cup unsweetened applesauce

Cream butter and sugar until light. Add egg, blend well. Sift flour and measure. Use 1/4 cup to mix with candied fruit and nuts. Sift remaining flour with salt, soda and spices. Add to creamed mixture and stir well. Heat applesauce until it begins to bubble, and add to batter. Add floured fruit and nuts. Spoon into greased, flour cupcake pans. Bake at 350° for 30 minutes. Serve warm with wine sauce. Makes 20 cakes.

WINE SAUCE:

3 cups wine (currant and claret)
3 heaping T. corn starch
1/4 t. salt
1-1/2 cup sugar

Mix and cook over low heat until thick and clear. Add red coloring to make ruby red. Serve hot over each cake. The cakes keep well in the freezer and may be steamed and heated. The wine sauce will keep for months in the refrigerator.

-- Dorothy Plut

IRISH SHILLELAH

Juice 1/2 lemon
1 t. powdered sugar
1 to 1-1/2 oz. Irish Whiskey
1/2 oz. Sloe Gin
1/2 oz. Imported Rum
2 peach slices

Shake well with cracked ice and strain into 5 oz. punch glass. Decorate with fresh raspberries, strawberries and a cherry.

KAHLUA

4 cups water
4 cups sugar
1 2-oz. jar instant coffee (strong)
1 Spice Island vanilla bean

Boil together hard for 5 minutes, stirring constantly. Cool somewhat. Pour in fifth 100% Vodka - cool 2 hours. Remove and save bean. Bottle and store two weeks.

-- Eleanor McCurdy

RASPBERRY RATAFIA

1 lb. ripe raspberries
1 quart brandy

Place in glass jar with glass lid and set on sunny window sill for 40 days.

Strain through coffee filter papers. Add syrup of 1-1/2 cups sugar and 1/2 cup water - well dissolved.

-- Theora Loop

WILD BLACKBERRY CAKE

1 cup sugar
1/2 cup butter
2 eggs
4 T. sour milk (squeeze a little lemon juice in sweet milk)
1-1/2 cups flour
3/4 t. soda dissolved in milk
1 t. cinnamon
1/2 t. cloves
1 cup blackberries, mashed

Bake at 350° for 60 minutes in loaf pan. Double receipe for 2 layers.

--Colleen Francis

GRASSHOPPER PIE

18 large, flat chocolate wafers
1/3 cup melted butter
1/2 cup milk
1/2 pint whipping cream
3 T. (1-1/2 oz.) creme de menthe (green)
3 T. (1-1/2 oz.) creme de cacao (white)
20 large marshmallows

Crush cookies and combine with melted butter. Pat into 9-inch pie pan to make a shell. Chill. Melt marshmallows in heated milk and cool. Whip cream until stiff; combine with creme de menthe and creme de cacao. Fold marshmallow-milk mixture into whipped cream mixture. Pour into chilled cookie crust. Chill until firm. Serves 6.

--Ruth Grimm

NUTMEG WINE POUND CAKE

1 pkg. yellow cake mix
1 pkg. vanilla instant pudding
1 tsp. nutmeg
4 eggs
3/4 c. salad oil
3/4 c. straight sherry (not dry)

Combine all ingredients at medium speed. Mix at high speed for 5 minutes. Bake in a greased and floured pan (bundt or angel cake pan) for 40-45 minutes at 350°. Sprinkle with powdered sugar when cool.

-- Rosemary Shirley

CHAMPAGNE PUNCH

1 can (1 pint, 2 oz.) unsweetened pineapple juice
1 cup superfine sugar
1 bottle (fifth) cognac
1 cup dark rum
Juice of 2 lemons
4 quarts champagne

Combine juice and sugar. Add cognac, rum and lemon juice. Let stand in the refrigerator several hours or overnight to mellow.

Just before serving, pour over ice in a 6-quart punch bowl. Add chilled champagne, stir gently. Serves 32 punch cup servings.

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To Benefit

JEFFERSON GENERAL HOSPITAL AUXILIARY

Editor: *Ruth Grim, Summer School of the Arts*

Graphics by: *Rosemary Woods*
Sylvia Thomas

Printed by: Speedy Office Services

S.K.T.